

57-776
10/2/81
PROJECT CONCERN INTERNATIONAL

Reproductive Health Education
Module for Men

Family Planning Workshop Module
for Health Promoters

CHILD SURVIVAL BY PROJECT

Improving Maternal and Child Health Services

(Morobe Province, Papua New Guinea)

Project Concern International
3550 Afton Road, San Diego, California 92123
Telephone: (619) 275-2490 Fax: (619) 694-1292

PN-ABZ-776

**REPRODUCTIVE HEALTH EDUCATION
MODULE FOR MEN**

INTRODUCTION

Reproductive Health Education for Men began as a means of meeting the need for information expressed by village men and also as a way of helping to ensure men understood and supported the role of Village Birth Attendants in their villages.

Because traditional beliefs about reproduction, especially fears about menstrual and birthing blood, force many women to deliver alone and in very unsafe conditions the need to change the beliefs, attitudes and behaviour of men in rural PNG is essential if we want to reduce the number of women dying in child birth.

Men are the ultimate decision-makers in most rural areas and they need to understand the health needs of women in order to make decisions that will contribute to the improved health and well-being of the women in their families.

BEST AVAILABLE COPY

REPRODUCTIVE HEALTH EDUCATION MODULE FOR MEN

Goal: Better health for women and children through health education directed towards men, who are usually the ultimate decision-makers, enabling them to make better decisions about issues which affect their families health and well-being.

OBJECTIVES:

1. Increase mens knowledge and understanding of women's health needs
2. Increase men's knowledge and understanding about the reproductive parts and functions of their own bodies and those of women.
3. Increase men's knowledge and understanding about sexual practices that affect their health and the health of their wives.
4. Increase mens knowledge and understanding of family planning methods and reasons for practicing family planning
5. Increase men's knowledge and understanding about ways to ensure a woman's pregnancy has a good outcome.
6. Increase men's knowledge and understanding about signs of high risk pregnancy and what to do if a woman is high risk.

BEST AVAILABLE COPY

4

REPRODUCTIVE ANATOMY AND PHYSIOLOGY

Questions to find out what is known.

How does a woman become pregnant?
What is menstruation and why does it occur?
Where does the baby sleep when inside the mother?

Information needed

(Using a model or pictures or slides show male and female reproductive organs and point out where each one is as you go through the description.)

A woman's body has a special place where the baby grows. This part of the woman's body is located low in her belly (abdomen) when she is not pregnant. There are several parts to the woman's reproductive organs.

- The ovaries or place where the woman produces eggs
- The tubes where the egg travels to get to the uterus
- The uterus or womb or bed where the baby grows
- The vagina where the baby comes out and where the man puts his penis to deposit his seed or sperm

Men too have special parts of their body for reproduction. They are:

- The testicle where the sperm or seed is formed
- The penis through which the sperm passes by means of a
- Tube called the urethra

Menstruation

Each month the woman's body prepares a bed in the uterus for the possibility of a new baby being started, like a bird prepares a nest for its eggs. This bed is in the form of blood and mucous. If no baby is started the body gets rid of the old bed and begins to make a new one. When a woman has her menstruation the blood that we see is only the old bed which the body is getting rid of. It is not bad or dirty.

How a Baby is Started

(Using a model or pictures or slides show female reproductive organs and point out where each part of conception takes place.)

The woman makes a new egg every month in one of the ovaries. When the egg is ripe it is released from the ovary into the tube where it travels to the uterus. This usually takes place about

14 days after the start of menstruation. The egg can only live for three days then it dies and leaves the body with the menstrual blood.

If the woman has sex with her husband during the three days the egg is alive the sperm or seed from the man's semen or water will join with the woman's egg inside the tubes.

A woman usually makes only one egg each month but a man makes many thousand sperm each day. Only one of these sperm can join with a woman's egg to form a new life. There is a race between the sperm, which are able to swim, to get to the egg first. When one sperm joins the egg a strong wall is formed around the egg so no other sperm can get in. Sometimes a woman makes two eggs in one month. In this case two sperm can win the race one joining each egg. This is how twins are formed.

It takes 9 months from the time the egg and sperm join until the baby is ready to be born.

CARE DURING PREGNANCY

Questions to find out what is known

What foods should a pregnant woman eat?

How much food does a pregnant woman need?

How is the baby fed in the mother's body?

Should a woman work when she is pregnant?

Why does a woman need to go to antenatal clinic when she is pregnant?

When and How often should she go to antenatal clinic?

Information needed

It is very important for a woman to eat well when she is pregnant. She is feeding two people. The baby is growing very quickly inside of the mother's body and needs much food. The baby gets its food from the mother through the cord in the form of blood. The cord has two tubes inside it one for food and one to get rid of waste.

Because of the baby a mother needs much more food than before. She needs lots of protein foods like meat, chicken, fish, eggs, beans and peanuts. These are the foods which help the baby grow well. The mother also needs foods with lots of iron like dark green vegetables. These along with the protein foods help to make more blood for the mother and the baby. If the mother does much work she needs foods with fat or grease to help her stay strong. She also needs fruits and vegetables to help protect her and her baby from sickness.

If a mother eats well she will be strong and healthy and her baby will be strong and healthy. If the mother doesn't eat well she will be weak and her baby will be weak and small when it is born and it will find it hard to stay alive.

Work Exercise Rest

Pregnant women should have time to rest each day. The baby is growing quickly inside her and this is a lot of work for the mother's body.

The husband should help his wife with her chores or find someone to help her so she can have some rest each day.

Pregnant women should not lift heavy loads or do other heavy work. Heavy work may cause them to lose the baby.

It is not good for pregnant women to just sit around. Pregnant women need to do some work or exercise each day to keep their body fit or their muscles will go slack and they will have a hard time delivering their baby.

Antenatal Clinic

A pregnant woman needs to go to antenatal clinic at least 3 times during her pregnancy. She should go for her first visit as soon as she thinks she is pregnant (between 1 and 3 months pregnant).

At the antenatal clinic the sisters will check to make sure the baby is growing properly inside the mother and to make sure the mother doesn't have sickness or physical problems that would make her "high risk" for having problems during her pregnancy or delivery.

The nurse will give the pregnant mother medicine to help make her blood stronger and to protect her from malaria. The nurse will also give the mother 1 or 2 "sut" that will protect her and her baby from tetanus. Tetanus is a sickness that often kills newborn babies.

HIGH RISK PREGNANCY

Questions to find out what is known

Can a woman have physical problems during her pregnancy?
What are some problems that they can have?

Information needed

Sometimes women have problems during pregnancy. Women who are expected to have problems need to deliver in the health center or hospital so if a problem comes up there is everything needed to

help the mother. The nurse at the antenatal clinic will tell the pregnant woman if she should come and deliver at the health center.

- Women having their first baby should deliver in the health center.
- Women who have had a Ceasarian Section before must deliver at the hospital.
- Women who have many children(5,6,7,8,etc.) close together need to deliver in a health center.
- Women who are pregnant with twins need to deliver at a hospital
- When women have vaginal bleeding during pregnancy they need to go the health center right away.
- Women with swollen legs, face, hands need to go see the sister at the health center.
- Pregnant women with other illness or problems such as malaria or fever, a cough that last a long time (T.B.),leprosy ,and heart problems need to go to the health center for treatment and for delivery.

PREPARATIONS THAT NEED TO BE MADE DURING PREGNANCY

Questions to find out what is known

What preparations need to be made before delivery?

Information needed

The husband and family along with the pregnant mother, should think about and start buying what the baby and mother will need during and after delivery of the baby. The basic needs for a village delivery are a new razor blade, soap for washing hands and several clean laplaps. If there is enough money the family can buy nappies,baby soap, baby powder, baby oil,baby blankets etc..

Some money should be put aside in case the mother has problems and needs to go to the health center quickly. If the sister at the antenatal clinic or the VBA recommend that the mother delivers at the health center or hospital, the family need to prepare for what the mother and baby will need when the time comes.

WORK OF THE VILLAGE BIRTH ATTENDANT DURING PREGNANCY

Questions to find out what is known

What is a Village Birth Attendant or Viles Wasmeri?
What work does she do?

Information needed

Village Birth Attendants (VBA) or Viles Wasmeri, who are being trained now in some villages, can help pregnant women by giving them advice during pregnancy and help during normal village deliveries.

The VBA can identify some 'high risk' mothers (pregnant mothers who may have problems) and she must tell them to go to the health center to see the sister for treatment and to deliver her baby.

It is not part of the VBA's work to help a high risk mother deliver in the village because the VBA does not have all the things necessary to help the mother and baby if something goes wrong. That is why the husband and family must follow the VBA's advice and take the high risk mother to the health center for delivery.

The VBA may help with a high risk delivery in an emergency but cannot be blamed for problems that happen because the woman, her husband or family refused to follow the VBA's advice.

The VBA is not a nurse or sister. She has only two weeks of training and is only a helper who is trained to help make a normal delivery in the village safe and to identify pregnant women who may have problems and send them on to the health center.

HYGIENE

Questions to find out what is known

Why do the mother and baby need to wash every day?

Information needed

The pregnant woman must learn to keep herself clean during pregnancy. She should wash her whole body with soap and water every day. This will help keep her from getting infections inside her body.

Before and after delivery the mother must wash with soap and water. She must wash everyday with soap and water and the new

baby must be washed every day with soap and water. This helps keep both the mother and the baby from getting infections that could become serious. Mother and baby can easily get infections soon after delivery because of the broken skin from delivery and the newly cut cord of the baby.

The baby's cord must be kept clean and dry.

Babies neppies and clothes must be clean at all times

Mother must wash her breasts before feeding her baby.

New babies get sick very easily. They just be kept clean and not allowed near sick people. People who hold the baby should have clean hands and clean clothes.

IMMUNIZATION

Questions to find out what is known

Why are immunizations given to mothers and children?

When should immunizations be started?

How many times does the child need to come in order to complete all of his immunizations?

Information needed

The mother needs to bring the baby to the clinic or health center as soon possible after the baby is born for immunization or 'sut'.

The mother may need to complete her tetanus injections and the baby needs to begin getting 'tambu sut' as soon as possible after birth.

The mother needs to bring the baby to the clinic or the health center every month for immunization so the baby can finish all immunizations before it is 1 year old. The mother needs to bring the baby 6 times in order to complete all immunizations. It is important that the baby completes all the immunizations or it will not be fully protected from sickness.

Babies are not strong enough to fight off some big sickness by themselves. That is why immunizations are so important. Immunizations help protect the baby from some sicknesses that can kill the baby.

FAMILY PLANNING

Find out what is known

What is family planning?

Why is family planning important?

What problems can come up when a family is not planned?

What is good about family planning?

What are some family planning methods?

Information needed

Family planning is a way to help individuals or couples to be able to properly plan their families.

Family planning helps couples decide:

- When to start having children
- The number of children they want to have
- How often to have children
- When to stop having children

Family planning also helps those couples to have children who may be having problems becoming pregnant.

Family planning is important because:

- It helps to control the population growth so villages, towns, cities, districts, provinces and the country as a whole can have enough land, houses, schools, health centers and hospitals, jobs, roads, etc. to allow people to live a good life.
- It helps families look after their children better by allowing couples to make plans to have enough food and money to buy clothing, school fees, transportation costs etc. before they have another child.
- It helps protect the health of women. Women who have many children close together become weak and often die as a result of childbirth. Women who have children too early (under 18 years of age) or too late (over 35 years of age) often have problems during childbirth. Planning when to have children helps women avoid these problems.
- It helps protect the health of children. Children born into a family with many children close together find it hard to stay alive. The father often does not make enough money to buy enough food.

The mother is often too weak to care for them properly and the babies themselves may be weak when they are born because of the poor health of the mother.

The babies are not breastfed long enough and when they are weaned the mother may not be able to feed them enough and they

may become malnourished. Malnourished children do not grow well and easily get sick. These children often die before they are 3 years old.

Spacing children allows the mother to care for them properly and ensures that the father can support the family adequately.

FAMILY PLANNING METHODS AVAILABLE IN PNG

<u>Type</u>	<u>For Whom</u>	<u>How</u>	<u>Where Available</u>
Condom	Men	Put on over the erect penis to collect sperm	Store, pharmacy, FP distributor, aid post, health center, clinic, hospital
Oral Contra- ception 'The Pill'	Women	Takes the pill every day until she wants to have a baby.	Store, pharmacy, FP Distributor aid post, health center, clinic, hospital
Ovulation Method	Men/ Women Together	Couple agree to have sex only during the woman's infertile days	Taught at health center, aid post, special classes, hospital
Depo Provera	Women	Injection given every twelve weeks	Aid post, FP distributor, aid post, health center, clinic, hospital
IUD	Women	Small piece of curved plastic is put into the womb	Hospital, doctors office
<u>Permanent Sterilization</u>			
Vasectomy	Men	Sperm carrying tubes are cut so sperm cannot come out.	Hospital, doctors office
Tubal Ligation	Women	Tube down which the egg travels to the womb is cut so the egg cannot get through to join the sperm.	Hospital, doctors office

SEXUALLY TRANSMITTED DISEASES

Find out what is known

What are Sexually Transmitted Diseases(STD)?
What are some signs of STD?
What is AIDS?
Is there a cure for AIDS?
How do you protect yourself from AIDS?
How do you treat people with AIDS?

Information needed

Sexually transmitted diseases(STD) are diseases that are passed from person to person during sexual activity.

Gonorrhoea

Signs that a man has been infected with gonorrhoea show up about 4 - 5 days after he has had intercourse with an infected partner. The man will have thick yellow discharge from his penis and a burning pain when he passes urine.

A woman may have vaginal discharge 4 - 5 days after having intercourse with an infected partner and may have pain when urinating however, many women have no symptoms. This means the disease can go unnoticed for a long time and it may eventually cause the woman to be unable to become pregnant. If she has a baby while infected the disease can affect the baby also.

Syphillis

Syphillis is a disease that can last for many years and can cause severe illness and death. The first sign of syphillis is a sore on the penis of the man or the vulva of the woman. It heals in a few weeks, but later sores or other signs of the disease can appear throughout the body.

Donavansia

Donavansia produces ulcers on the sex organs near the anus or in the groin which slowly grow bigger and may destroy large areas of flesh e.g. part of the penis may be destroyed.

HIV/AIDS

AIDS is a disease for which there is no cure. There are no visible signs that a person is infected with AIDS for many years after infection occurs yet the infected person can pass on the

infection to others. Nearly everyone who has been infected with AIDS dies within 5 - 10 years.

AIDS is passed from person through

- sexual activity
- blood from an infected person passing into the body of another person
- using needles and syringes dirty with the blood from infected persons
- getting a blood transfusion of infected blood
- an infected mother to unborn or newborn child

AIDS cannot be passed from person to person through:

- working or living with someone with AIDS
- Shaking hands with someone with AIDS
- Sharing communion with someone with AIDS
- Using the same toilet and someone with AIDS
- Mosquito bites
- Giving blood

To protect yourself from sexually transmitted diseases:

- don't have sex with an infected person
- have one faithful uninfected sex partner for life
- use a condom

If you think you have a sexually transmitted disease get treatment as soon as possible and tell your partner so they can get treatment too.

To protect yourself and others from getting AIDS:

- The only 100% effective way to avoid getting AIDS through sexual activity is to never have sex with an infected person
- Have one faithful uninfected sex partner for life
- Use a condom
- Make sure all needles are sterilized before you get an injection
- When you get a tattoo or have your ears pierced make sure the needle or device used has not been used on someone else before you.
- Infected women should not get pregnant because they can pass the infection on to their baby
- Teach your children about AIDS and how to protect themselves

How should we treat people with AIDS?

People with AIDS should not be condemned or judged because of

their illness.

People with AIDS need our support and help. They may be under great emotional stress because of their predicament. We should not shun them but offer our support by treating them as normally as possible and involving them in normal family and village life as much possible.

Spending time listening to how an AIDS sufferer feels may help him ease his anxiety about his illness and help him cope better with feelings of loneliness, fear, regret and guilt.

Understanding how people react to anxiety may help us to support an AIDS sufferer better.

- Fear of dying can make people angry and act aggressively toward people they are close to we should not let this drive us away. Suggesting spiritual help can be very helpful to some people.
- Loneliness is very depressing for sick people if friends and relatives stop visiting or act like strangers when they do come.
- Feelings of guilt and regret are very common to AIDS sufferers. They may feel responsible for exposing their partner to infection or guilty because they feel they have brought shame to their families or friends.

Not being able to settle debts or fulfil responsibilities to their children can cause feelings of guilt, sorrow and regret. A person may want forgiveness or to discuss ways to resolve problems they feel responsible for.

Offering to help with the work of looking after a person sick with AIDS can be a big help to the family also.

FAMILY PLANNING WORKSHOP FOR CS PROMOTERS

GOAL

To Reduce infant and maternal mortality through the use of family planning services available.

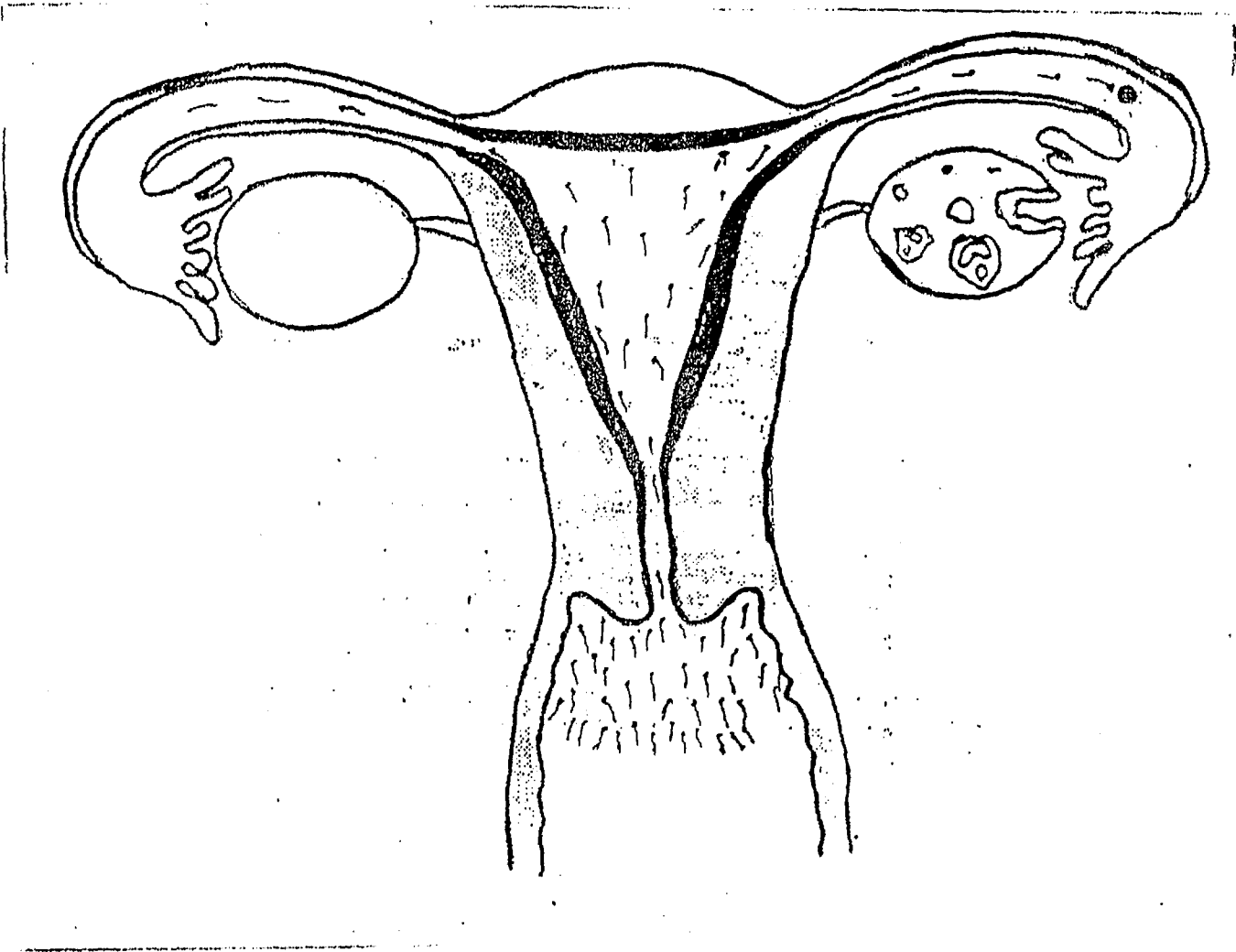
LEARNING OBJECTIVES

By the end of the training session the participants will be able to:-

1. Understand how conception takes place through the reproductive systems of both male and female.
2. Explain what Family Planning means.
3. Explain why Family Planning is important.
4. Identify problems caused by over population.
5. Identify benefits of Family Planning.
6. Identify Family Planning Methods available and used in Papua New Guinea.
7. Understand how each method works in the body to prevent pregnancy, good and bad sides of each method, how often to take and route to take.
8. Counsel and refer clients to where family planning services are provided.
9. Teach or educate other people what they have learnt about family planning.

1. HOW DOES CONCEPTION TAKE PLACE.

Conception takes place when the sperm from the man meets the egg from the woman in the woman's tubes as it is shown in this diagram.



The fertilised egg then settles in the womb/uterus of the woman and grows. This we are all aware of or know about it.

17

2. WHAT IS FAMILY PLANNING?

Family Planning is a method or a way to help individuals or couples to be able to properly plan their families.

FAMILY PLANNING HELPS THEM TO MAKE A CHOICE TO:

- a. Decide when to start having children,
- b. Decide the number of children they want to have.
- c. Decide how often to have children.
- d. Decide when to stop having children.
- e. It also helps infertile or sub fertile couples to be able to have children.

3. WHY IS FAMILY PLANNING IMPORTANT?

Family Planning is important because:

- a. It helps to control the population growth.
- b. It helps to reduce the maternal mortality.
- c. It helps to improve the health and saves the lives of women children.
- d. It is necessary for the physical, (body) emotional(feeling) psychological (Mental) and financial (money) well being of the family unit.
- e. It is necessary for the socio-economic development of the community.

* The mortality in Papua New Guinea is high. In PNG the maternal mortality is about 700/100,000 population compared to that of developed countries the maternal mortality is 30/100,000 population.

4. PROBLEMS CAUSED BY OVER POPULATION

- a. Land disputes - Not enough land available sometimes leading to arguments and tribal warfare.
- b. Money problems - Not enough money available to pay for school fees, pay for water and power bills if living in towns/cities, to buy food and clothes.
- c. Not enough jobs/employment - many a times lead to rascalism or rascal activities.
- d. Over crowding - Not enough space in the house shortage of food leading to malnutrition. - Brings all sorts of illnesses. (poor health).
- e. Not enough space in schools - many children are turned away
- f. Not enough hospitals or Health centres to provide health services.
- g. Not enough roads and transport - too many people and less PMVs.

5. BENEFITS OF FAMILY PLANNING

There will be

- a. Enough land for everybody to build house/garden,
- b. Enough money to pay for school fees, bills, food and clothes,
- c. Enough jobs for people to be employed,
- d. Enough schools for all the children,
- e. Enough hospitals and Helath Centres/Aidposts,
- f. Enough space for people to live/sleep in,
- g. Mothers, children and families will be healthy and happy.

6. FAMILY PLANNING METHODS AVAILABLE AND USED IN PANG.

A. TYPE ONE METHODS

- . Condom
- . Oral Pills
- . Injection
- . Natural/ovulation.

B. TYPE TWO METHODS

- . IUD or Intra Uterine Device.

C. TYPE THREE METHOD

- . Tubal Ligation
- . Fallop Ring Application
- . Vasectomy.

D. FAMILY PLANNING METHODS

For Men

- . Condom
- . Vsectomy.

For Women

- . Oral Pills
- . Injection
- . IUD
- . Fallop Ring Application
- . Tubal Ligation.

19

For both men and women

Natural Method or Ovulation.

- * Type one methods can be obtained at an Aidpost, health centre or hospital.
- * Type Two method can be obtained at a Health Centre or Hospital from a trained person.
- * Type three methods can be obtained from a hospital only.

7. THINGS TO KNOW ABOUT EACH METHOD of Family Planning.

A. CONDOM

The Condom is a rubber sheath worn on the penis by the men during sexual intercourse. It blocks the men's semen or sperm from being ejaculated inside the woman's vagina.

Effectiveness.

Condoms are about 88% effective when used properly everytime sex takes place.

Advantages. (Good side).

- . Encourages male participation in family planning is cheap to buy and generally available without prescription.
- . Protects against STD's including PID cancer of the Cervix and AIDS.

Disadvantages (Bad Side)

- . New condom must be used each time which means that keeping up with new stock is important.
- . Some women don't like the idea of the condom going inside them.
- . Some men don't like to use condoms because they don't satisfy themselves.

B. ORAL PILLS

- . Combined Pills (Microgynon & Lofeurinol)

How they work:-

- + Suppresses ovulation
- + Thins the lining of the uterus making implantation unlikely even if an ovum does form.
- Makes the cervical mucous impenetrable to sperm.

Effectiveness.

This method is very effective about 98% if taken correctly. The failure rate is less than 2% in the first year of use. These failures are usually due to women forgetting to take their pills or vomiting or absorbed due to gastrointestinal upset.

Advantages (Good Side).

- . Very effective if taken properly.
- . Easy to use with a few side effects
- . Causes the woman to have lighter, shorter and very regular periods.
- . Decreases incidence of ovarian cysts and cancer, uterine cancer, protects against PID, reduces cystic breast diseases, acute and endometriosis.

Disadvantages (Bad Side).

- . Must remember to take one pill every day.
- . There may be some minor side effects during the first couple of cycles of use such as nausea mood change and weight gain.
- . A few rare women get serious side effects such as rise in BP and thromboembolism.

. The Breast Feeding Pill (MICROLUT).

- How this Works.

- . It works mainly by making the cervical mucus so thick that only a few sperms are able to get through although sometimes it inhibits ovulation.

Effectiveness

The breast feeding pill is about 97% effective if taken at the same time every day for the first 9 months post-partum if the woman is still breast feeding. It is less effective if she is not breast feeding.

Differences With the Combined Pills.

- . Must be taken everyday at the same time
- . Does not cause any lessening in the amount of breast milk produced.
- . Does not cause minor side effects like headache and nausea.
- . Missing one pill is more likely to lead to pregnancy.
- . Doesn't regulate the periods - break through bleeding and irregular periods can be inconvenient although they are not dangerous.

C. DEPO PROVERA (INJECTION)

How it Works.

- . Makes the cervical mucous (thick) impenetrable to sperms.
- . It also stops ovulation.

Effectiveness.

Depo Provera is the most effective of the temporary methods. It is calculated to be 99.9% effective.

Advantages (Good Side).

- . Very very effective and easy to give/administer.
- . Can be used by older women, breast feeding women and those with a contra indication to oestrogen e.g. BP problems, past history of thrombolism etc.
- . Help protect woman against ovarian and endometrical cancer, PID, ectopic pregnancies and anaemia.
- . There maybe an increase in appetite (many women report feeling good on Depo Provera):

Disadvantages (Bad Side).

- . Some women experience irregular periods, spotting or amenorrhoea.
- . Should a woman not exercise, and then satisfy an increased appetite she may gain weight. (this is usually an urban problem).

How often does a woman take injection.

A woman gets this injection every 3 months as long as she wants until she decides to stop.

D. NATURAL/OVULATION METHOD.

The principle of natural methods of family planning is that sexual intercourse is avoided during the fertile times of a woman's cycle.

This means that this method has to be practiced by both the husband and the wife. The husband must understand the woman's body changes.

Effectiveness

Not very effective.

Advantages (Good Side)

- . Can be used to either avoid or achieve pregnancy.
- . No drugs or artificial devices are used.
- . No physical side effects (except pregnancy if method fails).
- . Use of the method leads to awareness of the reproductive function.
- . Promotes involvement of the man and co-operation and shared responsibility of the couple.

Disadvantages (Bad Side).

- . Commitment and co-operation of both man and woman is essential.
- . The woman will need to examine herself vaginally daily and record the signs of fertility - ovulatory mucous etc.
- . Ovulatory mucous is difficult to tell in the presence of vaginal infectious (such infections are common in PNG).
- . A long instruction period is necessary from the NFP instructor who must be an expert both in teaching NFP and counselling.

E. INTRAUTERINE DEVICE (IUD)

How It Works.

The IUD sitting in the uterus reduces the numbers of sperms reaching the ovum, inactivates sperms so that they cannot fertilize ova and prevents any fertilized ova from implanting in the uterus.

Effectiveness.

The effectiveness of a properly placed Cut380A IUD is 99.5%.

Advantages (Good Side).

- . Very effective and does not require a woman to take any medicine.
- . Can stay in the uterus providing contraception for up to 8 years.
- . Requires only one follow up visit after insertion and for removal.
- . Is suitable for breast feeding women.

Disadvantages

- . Insertion can be uncomfortable and embarrassing for some women.
- . Some women have heavier and painful periods with IUD.
- . If the woman is given an STD by her partner the IUD may encourage spread into the pelvis more quickly causing PID.
- . Occasionally the IUD is expelled, and if this is not noticed the woman may become pregnant.

F. PERMANENT STERILIZATION

VASECTOMY

Sperms are made in the testis and carried to the penis in the fluid from the prostate gland called semen via a tube called the vas deferens. In vasectomy the vas is ligated (cut) at the top of the scrotum and sperms are no longer able to mix into the semen. After this small operation the men still have the same sexual desires, sexual performance, ejaculation of semen and sexual excitement, however there are no sperms in the semen.

13

Effectiveness.

It is 99.9% effective. Failures although rare maybe due to poor surgical technique or recanalization of the tubes.

Advantages (Good Side)

- . Very effective and safe minor surgical procedure can be done under local anaesthetic.
- . There is no long term side effects and the couple do not have to worry about contraception ever again.
- . The man is in control of fertility regulation in the family and his wife will not have to worry about using any method of family planning unless she has another partner.

Disadvantages (Bad Side).

- . There will be discomfort during and for a few days after the procedure.
- . Occasionally get a haematoma of the scrotum or inflammation of the wound.
- . Not effective straight away but is permanent once sperms are no longer present is the semen.
- . Tubal Ligation (TL).

From menarch to menopause the normal woman ripens an ovum every month except when she is using family planning or is pregnant or post partum. The egg is fertilized in the fallopian tube and travels down this tube to the uterus. When a woman undergoes tubal ligation, fertilization can no longer take place.

Effectiveness.

Like vasectomy it is 99.9% effective.

Advantages (Good Side).

- . Immediately effective, safe and permanent.
- . No long term side effects and the couple never have to worry about FP again.
- . Can be done with a very minor operation using an incision only 2cm long.

Disadvantages (Bad Side).

- . Small pain at the incision site for a couple of days after operation.
- . Occasionally there maybe an infection or haematoma of the wound after the operation, this is easily treated.
- . Cannot be reversed easily in PNG.

COUNSELLING OF CLIENTS

Counselling of clients is the most important part of the family planning service. Good counselling helps clients to choose the right form of family planning for their own needs. Clients learn what to expect if they are using a contraceptive method and therefore use the method more effectively.

Every person of reproductive age has the right to know how to control their own fertility.

Pregnancy must not be seen as a punishment for a person who has a sexual relationship which someone else does not approve of. Every person over the age of consent (16 years in PNG) has the right to decide for themselves whether to use family planning or not.

WHERE TO REFER.

After good counselling, clients can be referred to:-

1. Aidposts
2. MCHD Clinics
3. Health Centres
4. Hospital.

The referral will depend on the type of method a client will want to accept.

25